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NO PAIN IF THERE IS NO GAIN

It was quite the Monday when I walked in the office on an angle. I learned that I was not the only one to suffer the pains of the damned. Yes, that old backpain. The familiar stoop of agonized muscles forcing you to march along slowly and quietly with that faint hiss of pain as you turn or move in what is now definitely the wrong direction. You try the hot baths, stay in bed longer than you should, put on your pants one leg at time wishing for longer arms, unsuccessfully try to find some kind soul to give you a massage for free, down Aspirin instead of the painkillers you desperately want, wish the clinic had specialists ready to serve your slightest back needs and so on.

I don't like to think of myself as a child any more but when I get a really bad back going I just wish mom was around to make it better.

But in every cloud there is a little bit of a silver lining. You just have to search for it. In fact sometimes you really have to dig deep.

Ernie threw out his back helping good friends move. No moral here but that people do go out of their way to help good friends. While he regrets the back attack he doesn't regret helping a friend out. Ernie's always been that kind of guy willing to pay the price for friendship. Don't let anyone tell you there isn't one at times!

First time Neil ever had one he was bending down to pick up a pair of pants. He felt a shooting pain and walked into the living room where he collapsed. Someone had to help him put on his pants. Any other time he might have enjoyed it but not this time. Pain is such a distraction. Neil says he's planning to exercise to build those back muscles up. He says he has also learned that it is true you must bend the knees when you pick up something. A lesson true and occasionally hard-learned. As for the exercise I predict it will never really become a part of Neil's lifestyle. Everyone, including me, has promised to exercise to avoid the dreaded Hunchback of Notre Dame shuffle, but when the pain is gone there isn't any initiative... until next time.

As for me I went biking and learned some important lessons. The shortcuts you have used on foot are not the shortcuts you should use on a mountain bike. Another was that the trail changes from year to year. I think anyone in the bush could tell you that but living in a community or city it becomes easy to forget these little lessons. The ice storm left a lot of branches forcing me to carry the bike that was supposed to make my life easier. The walking shortcuts turned out to have a lot of stairs once again forcing me to carry my bike.

At this point some wise man among you is probably asking why didn't I just turn back and take another route more suited to my mode of transportation. Well, dear sage, it comes down to human nature and in this case mine in particular. Like many humans I have two things going for me that have both helped and hindered me at times. I am stubborn and proud. That stubborn streak has got me through many a hard hill to climb in my life and I'm not just talking walking but doing what needs to be done. The pride I felt at those accomplishments has encouraged me to take on even greater challenges.

However, I was reminded that some of the paths we take through life that are full of hardship and pain are not really necessary, but stubbornness and pride keep us on them longer than is really necessary. I admit I was wrong in this case and the pain of the backache was a small price to have this life lesson pointed out to me once again. Have the courage to admit if you've gone down the wrong path. Pride and stubbornness are not bad qualities, but don't let them control your life if the end result is nothing but pain.

by William Nicholls

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ON THE COVER
Goose over a fire.

Design: Katerina Cizak



You have your Ice Age, you have your Stone Age, you have your Bronze Age, your Iron Age, your dark ages, your age of enlightenment, your Computer Age, your Age of Aquarius and, finally, you have your Information Age. Known as the Lack of Information Age in Creeland.

Think of it. The average Cree receives his or her information from a limited number of sources. You have, of course, yours truly, you have your CBC North, you have your television, you have your bush radio, you have your shaking tent, you have your gossip, you have your newsletters, you have your pulpits, you have your annual reports and a few native newspapers, most of which end up in a huge pile in band offices undistributed until a chief comes by and hides them. A very small number of Creeps have access to the Internet, newspapers from abroad, magazines, books, CD-roms and some very unsavoury types like it that way.

Ignorance probably is bliss when you don't hear of the wicked goings on in the world. For instance, on the cover of Photo Police is the story of the mayor of Chapais. Hizzoner, it reads, is starring in his very own home video locals have dubbed "Titanus." The film's plot is simple and can be summed up thus. The mayor engages in a menage a cinq with the first lady and several of his female friends. The paper does not say if they were registered voters.

The Honourable Jacques Berube will be seeking re-election next fall.

Meanwhile, Allo Police covered the Great Whale killing with the headline Cree Beaten To Death. They got that part right. In the story the man who died is

identified as Inuit and they almost make it sound as if there is an all-out racial war up north. The lead goes, "It is public knowledge that certain Crees and certain Inuit are not the best of friends." They probably don't bother checking for facts because, judging from their ads, people don't really pick it up for the news.

The Gazette carried a small story of a Kenyan couple, a policeman and the wife of an elder, who had somehow gotten locked together while doing the "Chapais." They had to be flown to a hospital still in each other's "clutches."

A story in today's paper tells of a drunk 51 year old man who lost a centimetre of his thongy while masturbating with a vacuum cleaner. The headline says, "Sex With Vacuum Cleaner Sucks."

The Associated Press did a story on Mexican police academy training practices. Trainees were instructed to "rob with professionalism" and received tips on bribery etiquette. Two of the wannabe cops admitted to murder and one bragged that he beats his girlfriend for the hell of it. The article quotes a report done on the academy, "The policeman always has hopes that a robbery represents not only a moment to carry out his work- arrest criminals-but also permits him to obtain something else: to rob what is being robbed."

Yes I know... They're not very inspirational stories but you do get the odd hope-filled tale. I just can't remember any of them right now. Besides, my computer's word count thingamajig and the clock tell me I'm running out of space and time.

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Nation



ERASMUS VAGUE ABOUT HEALING FUND

One of the few things that came out of the Royal Commission was a small ray of hope for the many victims of residential schools. The government would be giving \$350 million to help begin the healing process.

But questions are arising about how the money will be spent.

We have just recently learned where the money will be going. It's the latest non-profit, tax-free bureaucracy in Indian country named the National Aboriginal Healing Foundation.

It is the brainchild of George Erasmus and eight others. They will answer the call along with eight more people to be the directors of healing the Native communities.

Erasmus, the foundation's chair, was grilled about the healing fund by the Native media during a phone conference call. He promised to call back later to answer some of *The Nation's* questions, but the phone call never came.

The new foundation will emphasize healing related to residential school, spending the \$350 million or more over a period of four or five years. The money will be invested and the extra earnings will hopefully take care of administrative costs and more.

"The board is clearly committed to keeping costs down and handing out the entire \$350 million," said Erasmus.

With this funding the government is looking at closure, compensation and redress completed. Even though the foundation has received submissions for money since last January, Erasmus said no money will be released until they choose the eight other board members. Erasmus promised we would see a full

board working by June or July.

Erasmus said the foundation is in the process of working out who and what they will fund. The foundation also plans to meet with Natives from across Canada and tour the country to ask how to give out the cash.

With so many Aboriginal people looking for a piece of the pie, not everyone is going to be happy, Erasmus admitted, but people will be able to appeal the decisions of the foundation. "We are going to try to be fair," said Erasmus, adding that the board doesn't want any Aboriginal group to come back and say they weren't dealt with fairly.

Funding will not be on a per-capita basis, according to Erasmus. He later said he felt the numbers of residential school victims were larger in the west and B.C. than in the Maritimes and North.

But Erasmus was unable to answer many questions with more than a comment that it's in the development stage.

Much of the money is expected to go towards existing institutions rather than new or revolutionary programs. "They lobbied for that," Erasmus said explaining that these institutions were knowledgeable and organized enough to do so. This may affect the multi-community survivor groups springing up here and there.

Erasmus said capital costs like building a treatment center will not be funded, though he held out hope that there could be exceptions to this.

Money will be given out to organizations and it won't necessarily just be for residential school healing. He said general healing of the communities would be allowed.

For example, the Winnipeg Native community will qualify.

by William Nichols

WHAT IT MEANS FOR CREES

With the emphasis on existing institutions and community-based projects, Elizabeth Robinson of the Cree Health Board is looking at what the new \$350-million Aboriginal Healing Foundation will mean for the Crees.

She like many others didn't realize they have to start looking at projects that need funding and get submissions into shape.

Robinson expressed hope that healing guidelines will be broadened to include diabetes. The Cree Health Board has complained in the past that the Feds are doing nothing to stem the tide of this latest epidemic to hit the Aboriginal population, and the health board faces a lack of funds in this area.

Cree communities that don't have any institutions or formal healing programs already in place may not see a cent from this initiative.

The foundation's chair, Georges Erasmus, said the funding wouldn't apply to capital costs and this would give existing services an edge. He admitted they have an advantage because they lobbied for it.

Cree individuals hoping to see some funding dollars for projects will have to apply to local or regional institutions.

Will there be a Cree on the foundation's board? Only time will tell as letters are being sent out to chiefs even as you read this, asking them for recommendations on potential board members.

Cree organizations looking for funding might want to check out a few of the hints dropped by the foundation in an interview and backgrounder. The foundation will be looking for collaborative arrangements and "creative and innovative" partnerships between businesses, volunteers, religious organizations and Aboriginal, municipal, provincial and federal governments. Securing additional funding or assistance would help also. Projects that will focus on the early detection and prevention of the legacy of abuse will find favour.

And how much will George Erasmus make? According to him he'll be paid on a daily basis at a rate comparable to what he earned while at the Royal Commission on Aboriginal Peoples.

-by William Nichols

An "out" Canadian writes

Letter to *The Nation*:

I really don't know where I want to go with this. I'm hoping you'll bear with me and maybe get my feel.

My overall empathy for the separation dispute has been with the French people. As a matter of fact I was looking for information to support my side when I happened upon *The Nation*. Now I'm feeling somewhat like a heel.

I, as an "outsider," am in the dark about the people this would effect, or more accurately who it is effecting now.

How come I have never heard the side of the people? How come I had no idea about facts like 2/3's of the lands of Quebec are Territorial? That 95 per cent of you's wouldn't want to separate with your reasons.

Why aren't these articles and facts freely available to the rest of Canada? I guess the squeaky wheel gets the oil. I would really love to see your people start to squeak. I need it, so does the rest of Canada. It

seems you're trying to do your own thing, trying to be your own. You're a true community all on its own.

You must understand that right now, at this moment I've come to realize that I've been wrong and I'm angry at myself for not seeking out the facts.

I read in an article from *The Nation* someone saying something about how "Oka" doesn't do anyone any good. On the one hand I agree, only because it only showed the paint, not the people behind it.

I'm only in mid-Ontario but I may as well be on Mars for all the good I'm being told. The way the media covered that story, the white media, be it English or French, there was no real representation of the people to the rest of Canada, or at least here.

Why isn't this paper sitting in the rack at my doctor's office? Why doesn't the rest of Canada know the legal fights that you're facing and will face if there is any separation? Why don't you form a cross-Canada committee?

There are many individual Aboriginal organizations across Canada. You can utilize

their facilities to spread the facts, the real story.

When talking with other "out" Canadians (those of outside of Quebec) we think about possibly losing Quebecers as we know them (French).

I have never considered that a whole people could be lost, not from us but from themselves.

Consider making a special edition especially designed for distribution to the rest of Canada. Realize we know very little and we would need an overall picture. I don't know. I just feel really bad for being ignorant.


Rosanne Yelle
Barrie, Ontario

Pen friend wanted

Letter to *The Nation*:

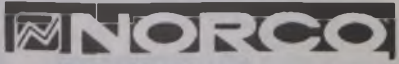



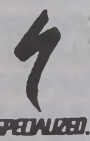


Hi,

I wondered if I could ask for a pen friend through your paper. Name is Jan Walsh, 52 Waterloo Road, Waterloo, Liverpool, L22 1RF, England. Many thanks and best wishes to all the Cree Nation.



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GREAT WHALE OFF, RUPERT DIVERSION ON

The Great Whale project, which resurfaced again last summer, is now apparently back on ice, say Cree sources.

At the same time, we have new information that Hydro-Quebec is seriously eyeing the Rupert River and wants to revive the Eastmain River project.

The proposed Rupert River project would produce two times more power than Great Whale, according to a Hydro report that sheds new light on HQ's plans.

Hydro quietly killed the Great Whale project after seeing there's no way the Whapmagoostui people will change their minds about the project, sources said.

Romeo Saganash, the Cree negotiator with Hydro-Quebec, was apparently informed of the utility's decision in February or March.

But we couldn't confirm this or get any more details as Saganash hasn't returned *The Nation's* calls in the last six months.

The Rupert River diversion would reduce the river's flow by up to 76 per cent at its mouth, depending on which of six variants of the project is chosen.

Up to 840 square kilometres of Cree land would be flooded. The Rupert would be diverted at one of two places, either KM 314 or KM 490.

Canals would take the water northward into yet another new project HQ wants to build, the Eastmain-1 hydro complex. From there the water would flow north into the La Grande system, then into James Bay.

The Eastmain project has been on the table for years, but Hydro didn't go ahead because it would have cost too much as originally conceived.

Now, Hydro apparently believes the Eastmain project could be made profitable if the waters of the Rupert are added in.

"Eastmain is among the projects being restudied," confirmed Michel Blais, Hydro's chief of relations with the First Nations.

"We want to develop projects that cost less than 3 cents per kilowatt-hour. It's certain Eastmain is more than 3 cents."

Blais confirmed that Hydro is studying the idea of diverting another river into the proposed Eastmain-1 project to make it more profitable.

"One of the ways of optimizing the costs is diverting another river into the project," he said.

The Rupert diversion would be one of the utility's biggest projects, yielding up to 7.5 terrawatt-hours of electricity, according to the internal Hydro document.

Of the two options, the Km 490 one is less environmentally destructive, but would be built entirely on Category II land, according to the document.

Also in the document are details about the diversion of the now-iced Great Whale River project. The river would have been cut off by a dam at KM 295 and diverted toward Lake Kachiyaskunusi by canal, then toward the LG-2 reservoir.

Up to 68 square kilometres would have been flooded and the river's flow would have been cut by half at its mouth. The project would have produced 3.8 TWh/year, the document says.

The document doesn't mention costs of any of the projects. It was presented to a HQ consultative committee last December.

by Alex Roslin

WHAPMAGOOSTUI MAN DEAD

AFTER BEATING

A young man with a long history of violence is being held in connection with the murder of Sydney Bullfrog, 55, in Whapmagoostui shortly after midnight on April 30.

Joseph Napartuk, 29, was arrested without a struggle in his house and charged with involuntary homicide. The charge may be raised to second- or first-degree murder by the time the police investigation is over, said Sûreté du Québec agent Ronald McInnis of the Rouyn-Noranda detachment, which is assisting Kativik Regional Police in the case.

An alcohol-fueled argument between Napartuk and Bullfrog turned into a fistfight in the middle of the street, McInnis said. Napartuk, a smallish man of about 130 lbs, beat the much larger Bullfrog, weighing close to 400 lbs, with his fists, according to police. The attack continued as Bullfrog fell to the ground, with Napartuk using his feet to kick the fallen man, McInnis said.

A witness saw the incident. Napartuk was arrested the next day at 5:20 p.m. and is being held in the Amos detention centre. Bullfrog's body was transported to Montreal for an autopsy, which won't be completed for a few weeks.

McInnis described Napartuk as "a very violent person who likes to fight." Previously, he had been arrested for arson, theft, car theft, assault, use of a weapon in a crime and drunken driving, the SQ officer said. In one incident, Napartuk was "lucky" to have emerged alive after he fired a weapon at a SWAT team, which was called in from Montreal when he barricaded himself in a house, McInnis said.

DELAY IN FORESTRY CASE

More delay for the Cree lawsuit on forestry. A scheduled meeting was postponed in the community of Waskaganish that would have given the lawsuit a green light to proceed.

Originally scheduled for April, it was then postponed to May, and now there is more delay.

Jack Blacksmith, member of the Cree

continued on page 9

CREE NATIONS GATHERING

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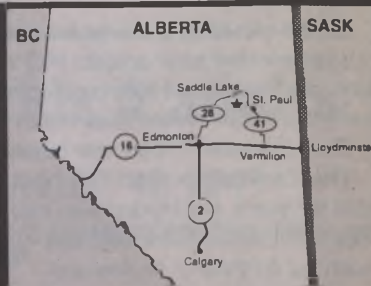
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continued from page 7

Forestry Working Group, said the lawsuit has solid support in the four communities already visited. "We got very, very good support in those four communities," he said. "People are fed up, even the people who signed those agreements in Waswanipi (with forestry companies). They felt we really need to find a solution."

Asked why there have been delays, Blacksmith said, "Consensus takes a long time to accomplish." He added that the people of Waskaganish also support the lawsuit.

"People I've talked to in Waskaganish said we need to find a solution to this thing. People aren't happy with this (the forestry operations). I don't think there'll be a problem getting their support."

Blacksmith said Crees are looking at a public campaign that would focus on Canadians' concerns about environmental issues. "This is not just an issue in our Cree world. It's becoming a big issue all over Canada."

Homecare Trainees Head To Communities

Five Cree students are on their way to being certified in homecare after an intensive 10-month course.



The students are learning how to care for patients and will have all the training required by hospitals for homecare.

As part of their training, they left the classroom and helped out at the Chibougamau Hospital. Next they are headed to the Cree communities where they will be getting more on-the-job experience.

The students are Angela Coon, Nancy Etapp and Francis Awashish of Mistissini, Dinah Gunner of O.J. and Elizabeth Ottereyes of Waswanipi.

The course is offered by the Chibougamau campus of CEGEP St. Félicien.

Kung Fu Club Wins 14 Prizes

Members of the Chisasibi Shaolin Long Fist Kung Fu School walked away with 14 trophies, plaques and medals at the 18th Annual Quebec World Open Karate Championships, held in Quebec City.

Fifty-five Chisasibi residents made the trip on the Cree Nation Bus. Present at the

tournament were people from as far as California and the Cayman Islands.

The results: Chantale Sénéchal scored a 1st in sparring and 2nd in forms (adult women), David Sam scored 1st in sparring and 5th in forms (adult men), Johannie Perreault placed 1st in sparring and 8th in forms (teen women), Mario Desgagné won 2nd in sparring and 3rd in forms (adult men), Tineke Moistert-Harris won a 3rd for sparring and 6th for forms (adult women), John Scipio came in 8th in sparring (teen men), Valentina Tapiatic got 8th in forms (kids) and the instructor, sifu Jean Lauzier placed 3rd in forms and 5th in sparring (adult men).

McGill Offers Cree Course

Need to bone up on your Cree? McGill's Education Dept. offers a course July 6-17 from 9 a.m. to 4 p.m. Worth three credits. Info: (514) 398-4533.

CORRECTION

Due to an error beyond our control, we have selected a new winner of our Mother's Day prize. We would like to congratulate Anita Mayappo's mom as our new winner. Congratulations and please contact *The Nation* to claim your prize.

The Screwtape Letters

The Screwtape Letters
Letters from a senior to a junior devil
by C.S. Lewis
Collins, London, 1942

Since the "Good Book" was reviewed in *The Nation*, in the interests of unobjectivity I decided to review this 160-page milestone of theology in an effort to help or hinder those still beset by doubts and hesitation in their religious experience.

Screwtape, an elderly devil, as the main character often has a witty and profound analysis of Christian strengths and weaknesses. He outlines these in letters to his young nephew, Wormwood.

As the man the devil is tempting joins a church the letters become increasingly helpful to the junior devil, yet have an interesting tone to them.

For example, when people start to work on something they are disappointed it wasn't easier. About this, Screwtape writes: "The Enemy (God) allows this disappointment to occur on the threshold of every human endeavour. It occurs when the boy who has been enchanted to in the nursery by Stories from the Odyssey buckles down to really learning Greek. It occurs when lovers have got married and begin the real task of learning to live together. In every department of life it marks the transition

from dreaming aspiration to laborious doing."

Screwtape says the "Enemy" allows this because of free choice and this is one of God's greatest weaknesses because it allows the devils to tempt man.

It is also one of God's greatest strengths because if a person makes it through without succumbing to the temptations then he or she is much stronger in their faith.

Though this book was written in the 1940's it is of use to today's Christians who wish to better themselves in the worship of the Creator.

Now why would someone like me write this book review, you ask? It's quite simple and obvious; a little devil made me do it. Read the book and find out why. I stand excused for my actions and hope for the best.

Your affectionate reporter,
William Nicholls

Northern Highlites



Corey Bearskin, Danny Gilpin, Alex MacDonald, Billy Boy Scipio, Danny Wadden

By Sandra Webb
Photos by Susan Runnels



Elizabeth Manley and Rhonda Spencer

We experienced something wonderful this past year. It started in October when registrations for the skating club were announced. This was only its second year. My husband and I thought about enrolling our four-year-old boy Alex, who is very energetic. It would be perfect for him, we thought. So we enrolled him in the pre-juvenile division. (There were different divisions for age groups such as power skating, speed skating.)

Anyway the year went on. Sometimes it was hard for us to leave work before 4:00 p.m. to get him to his class, but we were committed to taking him. In the beginning, he and most of the other children in his group could barely walk on the ice, so they would crawl around. Their teachers Rhonda Spencer and Christopher Pash took the time to teach them. Rhonda would tell us, "Look at them now and then look at them in April" (the end of the skating season).

The first time my son actually skated was only after a couple of months in his program. This was overwhelming to see as a parent.

Soon news came around the community that Elizabeth Manley, World Champion

Figure Skater, was being invited to perform in a year-end ice show.

Excitement filled the parents and people of Chisasibi. "Will she be able to come Way Up North," we wondered? Then it was confirmed. She would be coming to our community in April. A lot of preparations and planning were done by the Committee, which included Rhonda Spencer, Olivia Spencer, Lorna Spencer, Beulah Sam, Violet Snowboy, Clara Kanatewat and Johanne Matowahom.

The big event came April 27th and 28th. The organizers were worried that people wouldn't show up because goose break had started early.

But to make a long story short, the Ice Show was a total success. The arena was packed. A busload of people even came from Radisson as well.

The skating costumes and lights were incredible. Professional outfits had been rented from Toronto, and a light crew had been hired from Amos.

The young girls, many of whom performed solo dances, did little jumps and twirls on the ice to songs like "Lady in Red," "Man I feel Like a Woman" and others.



Intermediates

The comedy act of the show came in the form of a well-known, male Chisasibi resident who dressed up with long blond hair, a big bum and huge boobs, and she skated around shaking her boobies at the audience.

The cute part of the show was pre-juvenile group, the four and five-year-olds who came on near the beginning dressed up as cows, rabbits and hounds, they skated to kids' songs like "Old MacDonald" and "If You're Happy and You Know It."

I must say everyone was proud, some with tears in their eyes; proud of the children and adults who performed and proud that a champion figure skater took the time to come to our community.

Of course, Elizabeth Manley awed everyone with her skating abilities. The crowd went wild after each of her double jumps (I think she even did a triple!) We were all also struck by the warmth and friendliness she showed towards people of the community.

During her stay here, she went out to Elijah and Marion Cox's camp where she ate goose and bannock. At the feast in her

honour, she was given gifts from the community — a picture of the northern lights, a sweater, tamarack decoys and slippers with a figure skater embroidered on them.

At the feast, she said she was seriously considering coming back next year to perform in the next Ice Show and she would bring a male figure skater with her. She seemed truly sincere when she said how much she enjoyed her stay in our community.

In a sense I think the skating club, ice show and everything else brought the community a little closer together.

Our skating club is still new and our skaters are just learning — but I think the experience opened a lot of people's eyes — that anyone can succeed with hard work and determination, and we can give our children opportunities and guidance in clubs like these.

Hats off to everyone who participated (skaters, volunteers, the committee) to make this show a success and to the dedicated skating teachers, Rhonda Spencer and Christopher Pash who, I'm sure, will have lots of registrations for next year's skating club.



Alex MacDonald and Danny Gilpin

ABORIGINAL HEALING FOUNDATION

FONDATION POUR LA GUÉRISON DES AUTOCHTONES

Aboriginal Healing Foundation Nomination of Directors

La « Fondation Pour La Guérison des Autochtones » est un nouvel organisme sans but lucratif à direction autochtone, qui a été fondée afin d'administrer un programme de 350 millions de \$, ayant pour but de satisfaire les besoins de guérison des individus, familles et collectivités, touchés par l'héritage de violence physique et sexuelle légué par le système des pensionnats. Elle apportera son soutien à des initiatives communautaires visant à combler les besoins, en matière de rétablissement, de toutes les populations autochtones vivant à l'intérieur ou à l'extérieur de réserves : les Métis, les Inuits et les Premières nations.

Le Conseil sollicite des mises en candidature pour combler huit postes supplémentaires de directeur(ice) autochtone. Pour obtenir des renseignements et pour recevoir la documentation sur les conditions d'admissibilité et le formulaire de mise en candidature, veuillez communiquer avec :

Mme Virginia Toulouse
Coordonnatrice du Conseil pour les mises en candidature
Fondation Pour La Guérison des Autochtones
C.P. 1260, Succ. « B »
Ottawa (ON)
K1P 5R3

Téléphone : 1-888-725-8886
(sans frais)
Télécopieur : (613) 931-2464

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The Aboriginal Healing Foundation is a new not-for-profit Aboriginal-run organization established to administer a \$350 million program addressing the healing needs of individuals, families and communities affected by the legacy of physical and sexual abuse in the Residential School system. It will support community-based initiatives that meet the healing needs of all Aboriginal people - Metis, Inuit and First Nations, both on and off reserve.

The Board is seeking nominations for eight additional Aboriginal Directors. For information, and to receive material on eligibility requirements and a nomination form, please contact :

Ms. Virginia Toulouse
Coordinator of Board Nominations
Aboriginal Healing Foundation
P.O. Box 1260 Station B
Ottawa, ON
K1P 5R3

Telephone : 1-888-725-8886 (toll free)
Fax : (613) 931-2464

Feedback to the Entrepreneurial Series

By a Cree businessman

I've always wanted to get into business for myself, but really didn't know how to get started. Then one day I decided to take what I thought was the first step. I went to see the band council lawyer to find out how to open a business. He told me I would have to apply and gave me information on my choices. So I went off with my choices of businesses: sole proprietorship, partnership or association business.

I had been working in the field of plastering and painting for many years for other contractors who are in the business, so I figured I had enough experience in the field to start.

I approached many people who were working for the band and they thought it would be a good idea and would supply employment to local residents here on the reserve.

I soon met another local resident of the reserve who wanted to get into business for himself also in the same field. We sat down and decided we would try our ideas out together.

We went straight to the lawyer and applied for a partnership business. Soon after we were on our way, putting our bids here and there. We were at work and starting to make money and supply employment for the other local residents of the reserve.

Not long after starting our business, our partnership relationship started to deteriorate and it caused many problems for us because we couldn't seem to agree on many things any more. Our ideas were changing and it seemed that the whole idea was falling apart. I mean our first vision was lost. After many upsets between each other we decided to close the partnership. Both of us are still in business and didn't let go of our dreams.

We are now competitors. About a year has gone by and we are still functioning in business, but times are still hard because there just isn't enough work for both of us to compete on.

"I have put together a plan to create more employment on the reserve for a longer period of time..."

I chose at the time to open another partnership business because I could see two minds are better than one, when they agree. Later I realized where I went wrong the first time. I never made a partnership agreement with either of my partners and it was starting all over again. My new partner and I were starting to have new

ideas and couldn't seem to agree so we managed to come to the conclusion that I would buy out my partner.

I am now in business for myself and I am still trying to work out all of my decisions.

When I started to open the business with my previous partner I was the one who made all the investment. When we started to fall apart, my partner wanted to go but just didn't want to walk away. He could see we had some money left in the business account so he demanded that I pay him \$5,000 and release our new tools that we had brought with company money. To my dismay I found out that if I would have made a partnership in the first place all of these problems would have been avoidable.

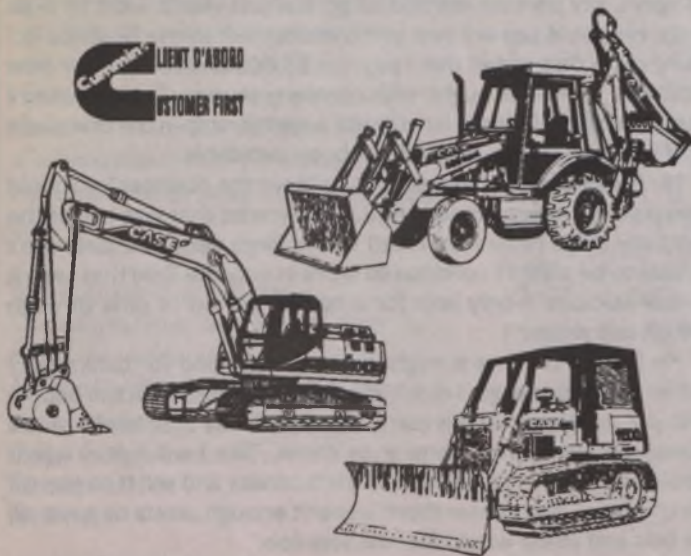
My lawyer said for my partner to leave the business he should have paid me approximately \$18,000 because that was half of the company debt. Now I am faced with a large debt that just won't be able to be paid if I continue to work in only the field that I work in now because it only lasts for a certain period of time through the fall and winter.

My lawyer told me it might be better if I filed for bankruptcy and let the business go. I didn't like this idea because all the people who put their trust in this company would lose their share of the money that they had coming to them. The bankruptcy agent would've taken what was left of the business and sell it to pay off the creditors. But I knew there weren't enough assets to cover all the bills and some would feel the loss too.

Cont'd on page 15



CASE



COMIFOR

Excellence sports



IT'S BIKE TIME!

MACADAM

SILCLAR

BONELLI


GIANT

Cont'd from page 13

I went to a cost-estimating course to get some training and found out there are many things I was always overlooking. As soon as I finished this course I heard of another course that was starting for small business development that trained through video conferencing. I found I was learning a lot in the field of business. I just wish I had received this training before I started. I'm sure none of the problems I face today would be there. I would have been prepared for them and would have made a plan in order to operate a winning business rather than a losing business.

I had never made a plan and when problems arose, I didn't have the knowledge I needed to figure them out and find the right solutions.

Now I'm in this Adult-Ed course and I am starting to figure out the solutions to the problems. I now know I'm not working a large enough field or part of the market. There are still expenses that have to be covered even when there is no work. I have put together a plan to create more employment on the reserve for a longer period of time and I feel I have taken some of the proper training I need to carry it out. I contacted my creditors and they are willing to wait for me to raise the money to pay them off. My

dream is starting to come alive again and there is still hope for me yet.

The local economic development is helping me and, more importantly, helping me to put my plan into action. A member of the Cree Regional Authority has come to see me also to make sure my plan is stable enough to make it in today's economy.

I hope this story of experience will help some of you who are considering starting a business to do it right from day one.

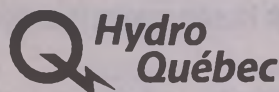
Don't forget to get training in the field of business and try to put a solid plan together. Something as simple as making a business agreement between you and your partner could save you a lot of trouble later on in the long run. And remember if you're out there having a hard time due to your lack of experience, you are not alone. There are a lot of questions to be answered. Who's going to do your accounting? Do you have an advertising plan? If work in one or more fields you chose comes to an end, how are you going to put food on the table or pay the bills?

Above all, don't give up when times are tough, seek professional help and keep our economy strong.

Hydro-Québec Awards For College Students

For the third year, Hydro-Québec will offer awards of \$1,000 to four college level aboriginal students. To be eligible, a candidate must be an aboriginal person, reside in Québec, have completed at least one year of full-time studies of a college level program, be enrolled full-time at a college or an university located in Québec for the fall 1998 session, have an excellent academic record and have successfully completed the French courses included in his or her program.

You must register by July 3, 1998. Registration forms are available from education departments in aboriginal communities and Native friendship Centers. For more information, call Dany Nepton at Hydro-Québec, (514) 289-2211 (ext 4290).



Waswanipi 6th Annual Traditional Pow-wow "Dancing into the New Millenium"

June 12, 13, 14/98
GRAND ENTRIES:
Fri. 7 pm
Sat: 1 & 7 pm
Sun: 12 pm



M.C.- Archie Cheechoo
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Eagle Staff - Ernie Kwandibens
Arena Director - William Blacksmith

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International Bay of Mystery

by Alex Roslin

On the other side of the world, there is great interest in the Great Meteor of Great Whale. A leading Russian scientist breathlessly contacted *The Nation* asking about the new bay north of Whapmagoostui ("Meteor Bay").

Andrei Ol'khovtov is a physicist who works at the Radio Instrument Industry Research Institute, in Moscow. "It is a defense enterprise, so I can't detail," he explained mysteriously.

Now, we have been invited to attend an international meteor conference this summer in Krasnoyarsk, Russia, which is being organized by the Russian Academy of Science.

Ol'khovtov is an expert on the last great meteor impact on Earth, which happened on June 30, 1908, in remotest Tunguska, Russia. He believes it was actually caused not by a meteor or comet, as most scientists believe, but by a massive earthquake and explosion. Needless to say, his theories are a little outside the mainstream of meteor experts and politely called "exotic."

On that day, exactly 89 years before the Great Whale "event," a huge fireball crashed through the morning sky over Siberia, followed by an explosion with the force of 1,000 Hiroshima A-bombs. Herds of caribou were incinerated, along with tens of thousands of evergreens across hundreds of square kilometres. A tree was knocked down 1,000 kilometres away. For days, and for thousands of kilometres, the sky remained bright with an eerie orange glow. As far away as western Europe, people could read newspapers at night without a lamp.

Scientists first visited the remote swampy area of Tunguska only 19 years later. They witnessed a scene of utter devastation, with scorched trees lying in rows that stretched to the horizon. But there was no crater! If you saw the movie *Deep Impact*, this was Shallow Impact. All they found were witnesses in nearby villages who told of a fireball in the sky, horrifying noise and a blast that knocked people off their feet.

Since then, the mystery of Tunguska has spawned all sorts of bizarre theories. Alexander Kazantsev, a Soviet engineer and army colonel, suggested in 1946 that only an exploding alien craft could have caused this calamity. A popular book called *Guest From Space* later came out expanding on this theory.

All sorts of theories are circulating about what happened at Tunguska, but one of the more unusual ones is Ol'khovtov's. He says earthquakes sometimes do more than simply shake the ground. They can also release lightning-like flashes and sounds like whistles, hisses and hums. An earthquake at Tunguska may have released its energy as electrical flashes that could have burned the trees. Ol'khovtov checked the eyewitness accounts and saw they reported discharges of light from the ground, which are more consistent with an earthquake than a falling object.

Also, the "fireballs" seen falling toward the area actually run along fault lines in the Earth, while the epicentre is right in the middle of an ancient volcanic crater.

What does Ol'khovtov think of the Great Whale "event"? Ol'khovtov sends this analysis over the Internet:

"I was able to look at your pictures. In general, there could be three types of events: collapse crater (i.e. groundfall), landslide or explosive event. Your data don't resemble collapse (at least, pure collapse) because during collapse, especially the shallow one, a little is ejected upwards.

"Landslide is possible, but it seems to me that the level of the

METEOR



slope is too gentle to produce such a powerful event. And, of course, the 'crater' in the water contradicts it, as well as ejected material...

"All the data I have till now point that it was a geophysical

event. Its physical mechanism is unknown, but roughly speaking, it is an explosion of ball-lightning-like formation of endogenic origin (not from space)." In other words, an earthquake and explosion that caused lights to flash in the sky.

In a later e-mail, Ol'khovtov added: "Unfortunately, such events used to be ignored, as their researchers can't explain them (as 'your' event). So the majority of scientific society is unaware of such events ('meteorite or nothing!')."

But what about that strange "coincidence" that the Tunguska and Great Whale "earthquakes" both happened at exactly the same time of the year? It just so happens that every June and November, the Earth passes through a hail of cometary debris known as the Taurid shower. Coincidence? I think not.

First, NASA came sniffing around. Now, the Russians. The probe continues... Our divers are deep in training.

Wachiya!

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Robert Lamothe, T.P.
Vice-président

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A river under seige



In the southern part of the Cree territory, south of Waswanipi, Hydro-Quebec is beginning to plan the diversion of a river. The Megiscane River will be diverted towards the Gouin reservoir and the St. Maurice River system. The plan calls for completely blocking the river and pumping the water into the St. Maurice River system. It will affect a river which drains an area of approximately 5,000 square kilometers in the headwaters of the Bell-Nottaway River system.

This is an area historically used by the Crees, Atikamekw and Algonquin peoples. The river has walleye, pike and other species including lake sturgeon. Lake sturgeon are increasingly being killed by hydro projects and they are considered a vulnerable species today.

Neither Hydro-Quebec nor the Quebec government seem intent on subjecting this project to the review process called for in Section 22 of the James Bay and Northern Quebec Agreement.

The Grand Council is presently taking steps to protect Cree interests and rights. One question that will be examined with the Crees to be directly impacted is whether such a project will cause significant damages to their way of life.

**This is an issue which impacts all Crees and Cree rights.
We must stand together to decide our common future.**



GRAND COUNCIL OF THE CREES (EYYOU ASTCHEE)
GRAND CONSEIL DES CRIS (EYYOU ASTCHEE)

GRAND COUNCIL OF THE CREES
(EYYOU ASTCHEE)



AAA° CKAALJ
CREE REGIONAL AUTHORITY
ADMINISTRATION REGIONALE CRIS

CREE REGIONAL AUTHORITY

The Angel of Joy

I remember once in my life
 I had an angel by my side
 She made my world shine when the skies were gray
 With a smile that shines bright as the sun
 She filled my heart with such joy and happiness
 In her eyes a beautiful river of love that flowed
 So deep into my soul
 I cherish the time when I held her in my
 Arms feeling her heavenly love inside me
 Her voice so sincere as a melody on a Sunday
 Morning, promising me she would always be with
 Me no matter what happened
 Our love was strong and true but sadly
 It could never be
 I remember the night the beast arrived
 Defensive and wild destroying our hopes and dreams
 The beautiful angel fought a courageous fight
 But the river of our love was flooded
 I felt my heart cry and break as tears rolled
 Down her beautiful face
 She gently spread her wings and ascended into
 Heaven out of my troubled life forever
 In the night time I look deep into the
 Empty sky above and whisper a prayer
 I close my eyes and let my soul travel far beyond
 The sea of dreams
 I see her once more and hold her once
 Again deep in my soul
 Once more she opens the door to my heart
 And fills me with joy and happiness
 She gently smiles and shines her light
 Illuminating my world once again
 We walk together hand in hand
 Following the dream we betrayed
 She puts her loving arms around me and
 Takes my burden filled soul up to heaven's play-
 ground
 Softly she whispers "I loved you at one time and
 Your heart will always go on"
 I look deep in her eyes and say
 "All the battles we've been through you always
 seem to understand, you make sense of mad-
 ness
 When friendship hangs by a prayer"
 Although I had to go and it made me feel
 Like crying
 I open my heart holding a fortune that heaven
 Has given to me
 Giving me the strength and courage to go on
 In my life forever and ever

Dedicated to a special friend who lives some-
 where over the rainbow in heaven's playground,
 and to anyone who has lost someone they truly
 loved.

Written and created by the Lost Boy

CORRECTION

The advertisement by Waskaganish Wellness
 Society for an Executive Director,
 placed in the last issue of *The Nation*
 should read: "as a goal of a healthy and
 a safe community."

Waskaganish Wellness Society
 will be accepting resumes up to:

5 pm June 5, 1998

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The Government of Canada wants to hear from Canadians
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 and the opportunities for your community?

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 d'idées. The Government of Canada would also welcome
 your direct input.

Call 1-888-781-2222 for a workbook.

Or consult the Internet at www.rural.gc.ca

Please return the workbook before July 31.



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world wide webb

I didn't have enough space to include Dune's story in the last issue. So here it is.

DUNE'S STORY

How does my side of the story start? You know as they say every story has two sides. Well if I remember correctly, the first time I met her we were in NAC (Native American Chat) and someone came in asking if there were any Native Americans in there, what a stupid question, of course there are it's the name of the chat room. I said as much and then I got this IM (Instant Message...It's also private -Ed.) from her saying how she agreed with me. We picked on this person for awhile, hehehehehe, aren't we terrible? Anyways after that I did in fact stay away for a little while, you see I wasn't a certified Virtual Crack addict at that point yet. Well a few months later I was surfing the net and decided to stop into VP and see what was going on. When I got into NAC, which for some reason is listed as divorced chat?, I sat there for a while playing with a new toy, gestures (a sound, video, text file -Ed). I was playing some gestures from the Simpson's when I got this IM from Kachine saying, "Do you have this one?", and of course I didn't so she sent me a couple and we started talking. As it turns out someone had just broken this sweet young lady's heart, I felt so bad my heart went out to her. I couldn't stand to see her in such pain so I tried my hardest to pick her up. One night turned into a week and before I knew it we were chatting every night, for hours on end. I had fallen in love with a computer, I couldn't believe it. We started talking on the phone, in VP, on icq, and using freetel. Every minute we spent apart seemed like and eternity. I would rush straight home and always felt so comforted when I got home and heard, "User is online", it made my heart beat faster and no matter how bad my day was it seemed better at that point. Then came the day when we were sitting there chatting wishing that we could spend the rest of our lives in each others arms and all of a sudden I see on the screen, "Will You Marry Me?", not fair I yelled, because we had touched around the subject and had agreed not to talk about it till we had actually met each other in person. Yet the subject had been brought into the open and I replied, "oh god yes". From that night on it was a question I asked her everynight, I just loved hearing her response. Those were some tough times, it



felt like the day would never come when we would actually get to meet one another face to face. There was lots of crying, weeping, and whining, god was I a cry baby. Well the day finally came when she landed at the airport and into my life, I remember calling her from work at the hotel to see if she had landed safely. That was the longest night at work, I could not wait till I got to see her. When I finally got off of work and headed off to meet my destiny. I was so nervous as I was waiting down in the lobby to meet her. I called up to her room and she said she would be right down. Well if you have ever been to a Las Vegas hotel you know how big they are so I knew I had about ten minutes. I headed to the bathroom to make sure I looked okay. When I came out I saw her standing in the lobby talking to some guy, I wasn't completely sure if it was her so I walked by and stood around the corner and waited. Sure enough she came by and started looking around the lobby for me so I came up behind her and said, "Hello", she turned around and started walking backwards staring at me. It was so sweet, but then I was worried she would trip and hurt herself so I made her stop to give me a hug. From the moment I held her in my arms I knew it was the woman I would spend the rest of my life with. The rest as they say is history, except that the fact that every morning when I wake up and see that angel sleeping next to me I thank the Creator for giving me my destiny and not allowing me to let it slip from my grasp.

Well, what can I say? As of this writing I hadn't gotten an update on their wedding yet. Don't know if any Elvis impersonators crashed the wedding. I am still researching the "horror stories" of the net for you.

iyiyuu@mail.com



Used Regularly, It'll Trim More Than Just Your Lawn.

While it may not be commonly thought of as an exercise machine, the humble appliance pictured above is just one of several you probably already own that can contribute to a longer healthier life. In fact, regular yardwork like gardening, raking — or anything that gets you out and active — can improve a lot more than just your property value. Get active for 30 minutes a day, most days of the week, and before long you'll find you have more energy for all sorts of activities. Some of them even fun! After all, you're not the sort to let any grass grow under *your* feet.

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HOW TO PROTECT YOURSELF

Violence against women is an everyday reality. Its possibility casts a shadow over many women's movements in public and their safety in private. The possibility of assault terrorizes women, to the point where many feel unable to walk alone at night, ride a bus alone, or even to wear certain clothing.

One answer to this threat is women's self-defense.

How many times have we heard that a woman was asking for it, or that a woman was lucky that she survived an assault? When a woman survives an assault, she wasn't lucky. She was strong. Self-defense teaches women to say "No!" to sexual violence in ways that cannot be ignored.

The first step in defending yourself is becoming more aware of your surroundings. Look straight ahead instead of at the ground, stand up straight instead of letting your body collapse in on itself, walk with a purpose. Confidence means you project yourself out to people. Making yourself look confident often makes you more aware of the space you inhabit, and the people inhabiting it with you.

Women need physical techniques to stop physical attacks. Fighting back depends upon women's ability to act for themselves. Fighting techniques can range from yelling, running from an attacker, striking vulnerable body parts (knees, throat, eyes, nose), to crippling an attacker.

The key to fighting back lies in the transformation of fear into anger into power. To move from fear to anger, women have to believe that they are worth defending. When you realize that you have worth, an attack on your person becomes unacceptable.

FRIENDS

Combining verbal and physical techniques increases women's strength. In an attack situation, using your voice transforms fear into anger into power by pushing energy out at an attacker. Verbally demanding that an attacker stop attacking, yelling loudly to attract attention of any people in the area, striking the attacker to make him stop, and running to get away. All of these techniques combined increase women's ability to stop an attack.

Women must do whatever is necessary to get away from an attacker, while insuring that the attacker cannot continue the attack. Most important: use every move possible to defend yourself. There are no rules, just do whatever you can to protect yourself. Spit in his face, surprise him, throw dirt in his eyes, yell, scream, bite him, do whatever it takes to give yourself a chance to get away.

Here are some other tips:

Hit at the attacker with the palm of your hand, not your fist. Hit hard at his nose, or knock the chin upwards from below.

Hit across the attacker's throat with the side of your hand.

If the attacker is really close to you, grab his face and push your thumbs forward to gouge his eyes. Or grab the tip of his ear and twist forward, try to rip it off.

Grab, kick, punch, or knee him in the groin whenever you have the chance.

Try to kick him in the knee, but not from the front, try to kick from the side. The knee will break easier that way.

If you would like to know more about self-defense, find out if your community offers classes. If you are a student living away from home, you can check with your school, or the YM/YWCA to see what courses are available.

- Deantha



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The Twilight Zone

Your ruling houses according to Thelma & Louise

Gemini (May 20-June 21) Happy Birthday to the Twins of the zodiac! Get ready for a summer of complete and utter chaos (as if you would have it any other way, huh!) Geminis rule the 3rd house of the zodiac, this is where your natural curiosity comes from and gets you into trouble.

Cancer (June 22-July 22) The 4th house is embedded with the characteristics of Cancer. In this house we find the focus to be family and domesticity. Security, both personal and emotional is very important for the Crabs of the fourth house.

Leo (July 23-Aug 23) The 5th house is influenced by the affectionate and pleasure seeking Leo. This house governs creativity. This can be expressed through art, love, sports and, yes, even gambling. Be careful. Your greatest strength is your greatest weakness.

Virgo (Aug 24-Sept 22) Work and health are said to be ruled by the sixth house...occupied by Virgo. The 6th house is the birthplace of the analytic mind of the Virgins-we're being symbolic here babes. Their need to dissect and understand everything around them originates here.

Libra (Sept 23-Oct 22) Libra's need for

connectedness is the main influence of the 7th house. In order to feel complete, Libras need to have contact and emotional pairing. The predominant driving force in the house of Libra is to get up close and personal.

Scorpio (Oct 23-Nov 21) The scorpions intensely and devoutly guard the eighth house. This house holds treasures of sex, life, death and rebirth. A strange and erotic mixture of magic and tradition is thrown in for good luck. No wonder they're feisty and possessive creatures.

Sagittarius (Nov 22-Dec 22) The ninth house is the home of the wanderer. Always looking for new unexplored paths into the unknown. Sagittarians love to straddle the outer limits of reality. This is the influence of the ninth house. The rulers of journey and discovery are the Sagis.

Capricorn (Dec 23-Jan 19) The 10th house of Capricorn strictly rules ambition and high aspirations. Their desire for good standing in the community, as well as the public eye, is crucial for Capricorns. Family and parenthood are the goals of the 10th house.

Aquarius (Jan 20-Feb 18) The eleventh

house influences creativity as well as group and individual interaction. This house rules general hopes and dreams. This is the nature of the water bearers. They must closely nurture these traits and be wary of any obstacles that hinder their development.

Pisces (Feb 19-March 20) In the twelfth house, privacy is of most importance. Privacy meaning respect for the unconscious mind, the unspoken dreams and the hidden energies. The fish of the zodiac are highly sensitive creatures that are in tune with the subtleties of nature.

Aries (March 21-April 19) In the 1st house, the house of the rising sun, corresponds to assertion and adventure. Fearless Arians have a unique disposition of being self-aware (to the point of being self-absorbed) as well as very influential people.

Taurus (April 20-May 19) The second house reveals the importance of stability for Taureans. This house is somewhat conservative and practical. Taureans stubbornly guards the jewels of the 2nd house: moral values as well as material ones.



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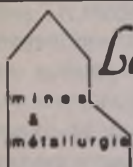
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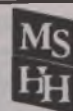
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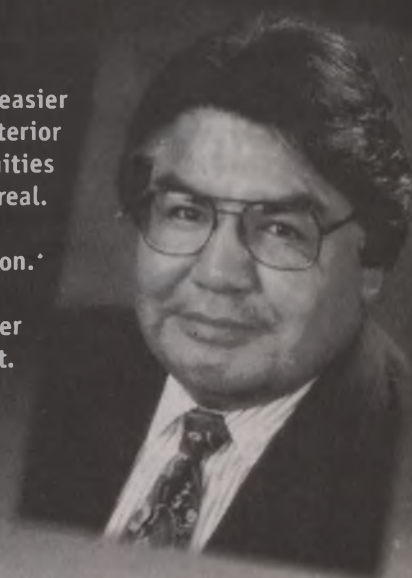
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100-BIRTHS

I would like to congratulate my mom Charlene Weistche and Robert Stephen on the safe arrival of my little brother Jaydon Davis. Born on April 15th, 1998 at 12:56 p.m., weighing 6 lbs., 5 oz. Please take care of my little brother. With love, Jason Wasaguin.

Congratulations to Charlene Weistche and Robert Stephen on the birth of their baby boy Jaydon Davis born on April 15, 1998 at 12:56 p.m., weighing 6 lbs., 5 oz. Take good care of him and God bless you. Love from the Weistche family. (Waskaganish)

Congratulations to the new parents Shawn Issik and Diedre Blackned on the birth of their little girl on April 23, 1998. I wish you all the best of luck. Love in friendship.

Congratulations to a very special friend of mine who gave birth to a beautiful baby girl. Lorraine, wishing you all the best in Motherhood. may Abigail Miya bring you happiness. with love in friendship, Rachel B. (Mist)

Congrats to Joshua and Joy on the birth of their baby girl April Joylene Marlene. Best wishes to the three of you. Someday she'll play basketball like you guys. Once again congratulations in friendship, Allen and Rachael (mist)

101-BIRTHDAYS

Happy birthday to the party animals of Wemindji, Andre Blackned on April 21, Terry Georgekish on April 22 and Ecomet Visitor on April 23. From friends and drinking buddies here in Wemindji! guess who.

We would like to wish our two loving children a happy birthday. Jeremiah on April 10 and Joyce on May 10. We love you both very much. Love mom and dad, Billy and Lisa.

Happy birthday to my granddaughter Georgette Sealhunter (Skinny) on April 4. Wishing you all the best and many more to come. With lots of love, hugs and kisses. From grandma Gloria (Chisasibi) xxxxxx

We would like to take the time to wish birthday greetings to a very special guy in our lives. happy 2nd birthday to Collin RJ Blueboy celebrating his special day on April 11. We hope you have a good one and by the way

have a happy Easter. Love Diane and John.

Belated birthday wishes going out to Cheryl Moar who celebrated her 2?? birthday on March 19. From your neighbors at 150 Des Jonquilles.

A happy birthday to my sister Pamela Georgekish. her birthday is on April 16. Because I care and admire you for who you are and just being there to listen to me means so much. I'm sure glad to have a dear sister like you. Hope all your wishes and dreams come true and have a great time on your birthday. Once again, happy birthday and many more to come. Love always, your sister Melinda.

To my dear friend and mom Lily N. Wishing you a great and wonderful birthday on April 16. With love, Linda.

To our friend Nadia Happyjack. we want to wish you a happy birthday on April 29, 1998. Have fun and see you in May and take care of yourself. Your friends, Clara and Maryann.

Happy birthday to my friend Brendan Mattawashish on April 4, 1998. Wishing you all the best on your birthday. Happy birthday to you and many more to come. From your friend Robert Gunner (Mist).

Happy 13th birthday to Katherine Tomatuk on April 30. Have a good one. Love, Sandra, Charlene and Dakota.

Happy 4th birthday to my son Brendan Mattawashish on April 4, 1998. I wish you all the best in your year to come. Once again happy birthday. Love always, mom Trifona and dad Peter and your brother Harry Mattawashish (Mist)

Happy 6th birthday to Mike Harry Kehoe Otter on April 22. Happy birthday Bone head! When are you gonna come over and watch cartoons? We wish you the best for your birthday. Love always, Jumshum, Kugum, Jessica and Marlena. xox.

Happy birthday to our brothers Kenneth on April 19, Sheldon on April 23rd. With love, Katherine and Sherryann.

Happy 3rd birthday going out to our cute little nephew Israel Longchap on April 20. We love you so much. Hugs and kisses from your aunts Jeannette and Sarah Coonishish.

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Happy birthday to our niece April Mattawashish on April 26. Enjoy your special day as you are and wishing you many more years to come. From your aunts Jeannette and Sarah.

Happy birthday to David Shem on March 30 in Whap. Happy birthday hugs and kisses going your way on your special day. Just kidding. once again, happy birthday and many more years to come. from Jennifer in Mist.

Happy birthday to our wonderful father and caring sometimes grumpy) grandpa Billy on May 17. We love you very much, not only when we just emptied your wallet but everyday of the year. With love, Lorraine, Sanford, Phillip and your grand brats, Twyla, TJ (the Tornado) and Shania. Oh, we al-

most forgot our recent college grad Ian in Ottawa sends his wishes too!!!!

Happy birthday to Starr Masty on February 21 (Wemindji) Love always, Grandpa John in Whapmagoostui.

Happy birthday to our daughter Marcella George on March 19. Hope you'll have a great time. Love, mom and dad. (Whap.)

Birthday wishes going out to Patricia N. (May 5) amd to Emma ish (may 6). Love you very much. Happy birthday and many more to come. From mommy and auntie.

A happy birthday to my grandson Harvey Henry Erless having a birthday on May 2nd. I love you truly, madly deeply. Right now, he is out hunting in the bush and I miss him so bad. I



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can't go on another day. xox. Grandma Doris.

Three loving caring sisters of mine will be celebrating their birthdays. Rebecca on May 13, Delores on May 10 and Mary Ann on May 30. Sorry girls I cannot keep track of your ages anymore. But I know as sisters we share our love, wisdom and knowledge to keep us united. After all, sister are forever. Sincere birthday wishes. With love, Rose (Chisasibi)

Happy birthday to Ryan Kawapit on February 26. With love, hugs and kisses. From auntie Nellie and family.

Birthday wishes to a really great lady who deserves everything her heart desires because she is a loving caring friend, very special and precious to me, totally wonderful person, (the list goes on) I am proud to say she is my daughter, Louisa Bobbish, celebrating her birthday on April 29th. Love, mom.

Birthday greetings to Paula Marie Salt who will be 2 on May 27th. You have brightened our days in many ways. We love you. Hugs and kisses. From mom and dad. Gloria and Paul salt.

Happy 2nd birthday going out to my sweet adorable niece "Dudy manou" Alysia Trisha Judy Petawabano on May 2, 98. Hope your birthday will be as wonderful as you are. From your aunt Nina Metabie.



Happy birthday to our son and daughter Dale and Kerri Ann Hughboy. Their birthdays are on June 8 and 14. Have a wonderful birthday to both of you. With love from mom and dad, Eugene, Bertha and Benjamin.

Happy 2nd birthday to my little and adorable sister Paula Marie Salt. You have given so many smiles and so much laughter. have fun on your birthday. From your big brother Dwayne W. Salt.

Sending birthday wishes to our twin brothers Myles and Donovan Happyjack on May 20, 97. And many years to come Love, your brothers and sisters, Bernetta, Nathaniel, Marceline, Matthew Jr. and Marjoline.

Happy birthday and happy mother's day to my mother on May 12, Florrie

Weistche from Waskaganish. May God bless and keep you ma! Love always, Francine and Neesha Chanan (Mist) Also happy mother's day to my sisters Pear; and Brenda and to my special friend Queenie and to all the mothers out there. God bless.

Happy 3rd birthday to a special girl Jordanna June Moses. She will be celebrating her birthday on June 7. Wishing you all the best. Love, Paul, Gloria Salt.

Well, another year older. we would like to wish a happy birthday to Stephanie on May 4, 1998. Enjoy your day. With love, hugs and kisses are sent your way!! From Lukie and Little Flower.

On May 8, 1993 God blessed us with a little angel named Terri Lynn Napash. As our lives evolved around you we realized it wouldn't be fulfilling without you in it. So how could we forget this special day, your fifth birthday. happy birthday. With lots of hugs and kisses. From Gookum Rose, Joomshum Samuel.

A belated birthday wish going out to our sharp shooter Norman GK who celebrated his 12th birthday on April 12, 98. We love your dark beautiful eyes. Love always, mom and dad (Thomas and Marlene) baby sister Phyllis and your brothers PJ, Warren and Jordan.

Happy birthday to the following people: June 4-David Swallow, June 5-June, June 6- Barbara, June 7- Daniel Georgekish, June 8- Gertadine Mark, June 10- Kerri Ann Hughboy, June 11-Terry Jr., June 14- Dale Hughboy, June 22- Velma and Sherry, June 26- Valerie and Vivian Gilpin. From Wemindji.

Happy birthday to our son and daughter Dale and Kerri Ann Hughboy. Their birthdays are on June 8 and 14. Wonderful birthdays to both of you. With love, from mom and dad, Eugene, Bertha and Benjamin.

Birthday wishes going out to my favorite cuz PJ. I just wanted to take this time to wish you all the happiness on your fifteenth birthday AND DON'T party too much save some till your 18th. With love, your cousin Arlene.

Happy birthday to my friend Cindy Neepposh on May 4, 98. Cindy bring your cake to Pomerleau and will celebrate with you. With love, Boy Dixors.

Happy birthday to Karen Longchap in Chib who will be turning 20 on May 9, 98 and many more to come. Love always, George and Ema. xoxoxoxoxo.

Happy 15th birthday to our son Philip John Weistche who celebrated his birthday on May 9, 98. It seems like only yesterday when you were just a little boy and when I look at you today I cannot believe that you've grown

so tall and handsome. Please take good care of yourself and wishing you the best of luck in the future. Love always, mom and dad (Marlene and Thomas) and your little brothers, Norman G., Warren and Jordan and last but not least your baby sister Phyllis.

Happy 18th birthday to our cousin Cindy Neepposh on May 4, 98. May your wish come true with pail boots. we miss you. Love in friendship. Hattie and Rachel.

Happy birthday dear Kathleen in Mistissini on May 9th. Best wishes and a lot of happiness. I don't forget you! Your mother in law Denise Benac from Gatineau.

Mnohaya lita, mnohaya lita, mnohaya lita, mnohaya li-taaaaa. Mnohaya lita, mnohaya li-ta. Mnohaya lita, mnohaya li-ta. To Michael from Al.

103-ANNIVERSARIES

Happy wedding anniversary to my bro Clarence and sister in law Barbara Snowboy on April 16. We wish you the best life has to offer. With love, Diane and Robbie (family)

104-GRADUATIONS

I would like to congratulate Constable Lenore Rickard who will be graduating in Kirkland Lake Ontario from First nation Constable on May 23rd, 1998. Your best friend J. Wapachee in MFO.

300-PERSONALS

Looking for Andrea Mamianskum. I really had a hard time to contact you. Could you write to me cause I'd like to hear from you. Please write as soon as you can. My address is: Rachel Longchap, P.O. Box 53, Waswanipi, Que. JOY 3C0.

My days used to be full of promises. But now that you are here, Each day is filled with hope. Ma vie c'est un fleur. Parfume par ton amour...You no lo puedo negar.....te queiro, mi corazon....

Maya, what are you up to? I hope you're doing well. Its so boring when you're not around but I guess we'll be having a blast when we get together again just like in the old days. See you soon. From P.W.

You have your births, you have your birthdays, you have your graduations, you have your anniversaries, you have your events and finally, you have your personals. And this, my dear SWG, is your very own personal.

Hi to my dad Henry Saganash. I was thinking of you. We miss you a lot and we love you. I hope you're doing great. take care. Love always, Tammy April.

Hello to our friend "Molson Canadian drinker" her name is Boo Doo from Chisasibi. There is lots of Molson Canadian here in Nagano. If you want n'impute quoi call us. P.S. can.

A big hello to my friends in Mistissini Edith Gunner and Beth Sealhunter. I hope we'll see each other soon. From Diane. I miss talking to you gals.

STARING AT THE MOON, I CRY A LONELY TUNE, MY HEART IS ICY BLUE, THAT'S ALL I EVER DO, UNTIL I MET YOU. To my wonderful girlfriend Deborah Cheezo and to my lovely daughters Delicia and Destiny Cheezo Hester. I love you all so much girls. Everytime I feel lonely and depressed, I think about you and it brings a smile on my face for the rest of the day. I will always love you and God bless you. From Darryl S. Hester (Waskaganish)

A warm wish to Evelyn Gunner on Mist Blvd. May all the love you give others come back to you on this special day. have a wonderful mother's day. God bless you. Your secret sister.

Happy mother's day to our mom Shirley B. Moar. We love you very much mom! May the Creator bless you and keep you always. With love, Michelle, Shawn, Ernest and Trevor. (Wask)

Irene Matches my precious mom. I just wanted to wish you a happy mother's day and you will always be in my heart even though we are far apart. I love you mom and I miss you. Love always, your daughter Edith Gunner. (mist)

Happy mother's day to our loving mom. We know that we all can get on your nerves sometimes (mostly JR) but just remember that deep down we will always love you, even though we may not show it all the time. Love always, your children, Junior, Jeets and baubau.

I would like to wish my mother a very happy mother's day. So happy mother's day mom!! Love always, your daughter and your granddaughter the cute little ladybug.

Wishing a happy Mother's Day to our grandmothers Clara Jonah and Helen Hester, Hattie Cheezo and Flora Bobbish. Also to our moms daisy Erless and Doris Bobbish. You are all very special to us and we always remember you, especially on this special day! We love you. xoxoxoxoxoxox. Love, Wilfred and Janet.

Happy Mother's Day to Rachel Danyluk and Cheryl Moore down in Moosonee. Take good care of the boys. Hope to see you gals soon. Our love, Candace and girls.

My grandmothers Irene Matches (Chis) and Mabel Gunner (Mist). I wish you both happy Mother's Day. I love you both with all my little heart and thanks for caring about me so much. Love always, your grandson Evander Gunner (Mist)

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Happy Mother's Day to Clymie and Charlene W, Ruth and Diana S., Sarah and Bertha B., Mabel, Cheryl and Corrina H., Marlene K., Margaret J., Mary S., Louise and Charlotte W., Annie W., Maria W., and Brenda H., Have a wonderful mother's day and we love you from your children and grandchildren. (Wask)

Happy mother's day to our mom and grandmother Margaret, to our sisters, aunts Maggie, Laurie-Ann and to our sister in law Priscilla. We miss you and hope to see you soon. From us all the way from Waskaganish, Christine, Lyne and baby Jonathan.

Happy mother's day to our mom Emma Longchop and to our sisters Sophie Dixon and Ann Bella Mianscum. To all our aunts, sisters in law, Phyllis, Maggie and Yvette. And to all our friends, Minah Matoush, Elizabeth Trapper, Lorraine Petawabano, Angel Voyageur, Charlotte T. Wash, Deidre Blackned, Julia Gull, Naomi Awashish, Kyla and Caroline Grant, Corrina Hester. From Rachel and Hattie. (Wasw).

Happy mother's day to all mothers everywhere whose loving hands and hearts have touched, healed and nurtured us all. A tribute to mothers. Your gentle guidance has immeasurably influenced all that I have done, all that I do and all that I will ever do. Your sweet spirit is indelibly imprinted on all that I have been, all that I am and all that I will ever be. Thus you are a part of all that I accomplish and all that I become. And so that is when I help my neighbor, your helping hand is there also. When I ease the pain of a friend, we owe a debt to you. When I show a child a better way, either by word or an example, you are the teacher once removed. Because everything I do reflects values learned from you, any wrong that I make, any heart I may brighten, any gift that I share, or burden I may lighten, is in it; your own way, a tribute to you. Because you gave me life, and more importantly, lessons in how to live, you are the wellspring from which flows all good I may achieve in my time on earth. From all that you are and all that I am. Thank you, Mom.

To my sister Rebecca Bearskin and to all my friends and aunties. Also to Peggy and Freda. From Edith Gunner(mistt) P.S. Rebecca, take care of Juanita.

Happy mother's day to my daughters Janet and Louisa Bobbish. I continue to encourage both of you to try to be

a good mother first than anything else. It is the most important role in this whole wide world. Gets rough sometimes along the way, but a mother's love overcomes all, because a mother's love is the most precious and powerful force on earth. love always Mom.

Happy Mother's day to Christine Bearskin (Clarence) Nancy Napash, Kelly Pepabano in Sudbury, Kimmy Sandy in Whap, Hilda Bobbish, Valerie Martinhunter, Rosie McKenzie, Tina Iserhoff and Darlene and Nellie Bearskin, From Friend always, Pierrette.

400-EVENTS

DJ competition in OJ. Quebec. June 25-26, 1998. At the Youth Centre. For more information call Albert Bosum at the Youth centre, 418.745.3366 or fax, 418.745.3354. June 27 Super Dance Party.



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3. Registration of all firearms begins October 1, 1998. All firearms must be registered by January 1, 2003. You register your firearms only once. You may do so at one bulk price (one price for any number of firearms you register all at the same time).
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Possession licence	\$10	October 1998 – September 1999
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Cree Education Act Conference

**This is an official notice that a working conference
on the Cree Education Act will be held in Eastmain,
Eeyou Atschiee on June 2-4, 1998.**

Contact person: Paul Gull, Coordinator
418-923-2764

Anemia (weak blood) in Eeyou babies

Eeyou babies are born big and healthy. Unfortunately, many Eeyou babies get anemia (weak blood) in their first year of life. We know this because babies from Eeyou Istchee have their blood checked for anemia when they are 9-months-old.

It is important to prevent anemia in babies.

- Some babies with anemia will cry a lot and be unhappy.
- They may not learn to walk or talk as quickly as babies who have strong blood do, and they may do poorly in school when they get older (problems other than anemia can also cause infants and children to have developmental delays).

- Babies with anemia are given iron drops to make their blood strong. If their blood does not get strong with the iron drops, some babies are injected with iron using a needle.

How do we prevent anemia in babies?

Health care professionals in Eeyou Istchee are concerned about anemia in babies and would like to do a study to find out what is causing weak blood. A poor diet might be one reason babies have anemia and traditional Eeyou food and other healthy food full of vitamins and minerals might keep the blood strong. Some babies drink tea that prevents

the absorption of iron from food. Too much juice fills babies up so they don't eat iron rich food.

We ask all parents with babies to help us find the cause of anemia. Starting in June, parents will be asked if nurses can take a little extra blood from babies when they are tested for anemia at the 9-month well-baby clinic. Parents will be asked questions about the mother's health during pregnancy, baby's health, breast-feeding, and weaning foods. Parents will be invited to participate in focus group discussions about anemia. We hope that all of this information will help prevent anemia in the future and will keep Eeyou babies strong and healthy.

You can ask the study coordinator, Noreen Willows, a nutritionist from McGill University in Montreal (tel: (514) 631-0530), your doctor, nurse, nutritionist or CHR questions about the study.

The project is approved by the CBHSSJB. It is partially funded by the Canadian Prenatal Nutrition Program. The Principal Researcher is Dr. Katherine Gray-Donald, School of Dietetics and Human Nutrition, McGill University, 21,111 Lakeshore, Ste-Anne-de-Bellevue, Quebec, H9X 3V9. Tel (514) 398-7846.

